

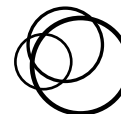
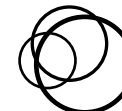
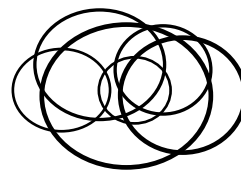


# Westside Community Center

1250 Isleta Blvd. SW ABQ. NM 87105 \* (505) 314-0176

2011 ○ ○ ○ ○ ○ ○ ○

# FITNESS SCHEDULE



8:30 AM - 9:30 AM

7:00 AM - 9:00 PM

11:30 AM - 12:30 PM

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

7:30 PM - 8:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA \$5.00 per class		YOGA Class begins @ 8:00 am \$5.00 per class	
FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN (CLOSES AT 6:00 PM)
STEP AEROBICS	STEP AEROBICS	STEP AEROBICS	DANCE AEROBICS	
DANCE AEROBICS BELLY DANCE	STEP AEROBICS KARDIO KIDS	DANCE AEROBICS BELLY DANCE	STEP AEROBICS	
BELLY DANCE		BELLY DANCE		
	YOGA \$5.00 per class			

## FITNESS FEES

\$25.00 PER 20 VISITS

SENIORS 55 & OLDER  
FREE

CITY & COUNTY  
EMPLOYEES  
FREE

## Fitness Numbers

### Group Fitness Classes

Linda Sepulveda 314-0178

### Fitness Center

Robbie Sanchez

David Marquez

314-0279

## Class Descriptions

*Must fill out registration form prior to participating in any of the above programs.*

**Belly Dance:** This free class helps participants achieve graceful, fun, and feminine movements. By studying belly dance students get a fully enjoyable dance lesson, and discover at the end they have also had a fully enjoyable workout. Will this help you lose weight? That is up to your body type, it will help you gain strength and flexibility.

**Dance Aerobics:** A high impact dance workout incorporating hip hop, Latin rhythms, & a variety of dance styles, music and movement providing a fun and effective cardio workout.

**Step Aerobics:** A heart pumping cardiovascular workout using traditional step movements, & kick boxing movements giving you a high impact 35-45 min cardio work out with a 5 min ab work out and relaxing cool down.

**Kardio Kids-** This class is designed for ages 5 – 12 yrs old. Participants will release energy, Improve motor abilities, balance, coordination, Improve fitness levels and cardio respiratory function.

**Yoga:** Join Lori for an hour of yoga focusing on basic alignment and anatomy while increasing strength, flexibility and mobility.